

West Bridgford
Urban District Council.



ANNUAL REPORT

... OF THE ...

Medical Officer of Health.



FOR THE YEAR 1904.

WEST BRIDGFORD

URBAN DISTRICT COUNCIL,

1904.

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...REPORT...
OF THE
MEDICAL OFFICER OF HEALTH
FOR THE YEAR 1904.

*To the Chairman and Members of
the West Bridgford Urban District Council.*

GENTLEMEN,

I beg to present to you my Annual Report for the year 1904. This makes the fourteenth Annual Report I have had the honour of preparing, as your Medical Officer of Health.

The year 1904 was a "hum-drum" one, as, if we except the building and opening of the new Fire Station, there is no important event to chronicle.

The vital statistics continue to shew that the parish maintains its reputation for a very low death rate and a very low birth rate, while attention is drawn to the very advanced life attained by the inhabitants.

For the first time since West Bridgford became a separate sanitary authority—and for many years before this—the parish was visited by two separate outbreaks of Small Pox.

Historically, I may remind you that Urban and Rural District Councils in England were created in 1894. For nineteen years previous to this—that is from 1875—Boards of Guardians had been the Rural Sanitary Authorities.

These Urban and Rural District Councils are obliged to appoint a Medical Officer of Health to carry on the sanitary work, and to advise generally upon all questions affecting the public health. They are also obliged to have one or more Inspectors of Nuisances. These Councils have to deal with all epidemics of infectious diseases, including Small Pox, to provide hospitals when necessary, and to meet the cost of isolation.

It seems an anomaly, therefore, that vaccination, which so intimately concerns the public welfare, should still remain in the hands of the Guardians, many of whom are pronounced anti-vaccinators.

In view of the prevalence of Small Pox throughout the country during the past few years, and of the enormous expense which the presence of this disease, and the attempts at its prevention entail, it is hoped that this anomaly may speedily be rectified, and that the administration of the Vaccination Acts will be before long, placed in the hands of the public health authority.

The area of the parish is 1,190 acres. Rateable value, £46,633.

SEWAGE FARM.

The Farm is successfully managed by your Sewage Farm Committee. During the year, an excellent crop of oats (41 quarters), and a small quantity of mangolds were grown. The oats were used by the Council's horses. The mangolds fetched £46 13s. The total value of the crops, which, besides oats and mangolds, includes clover, dills, and carrots, was about £160.

The bed of osiers, planted two years ago, has been a success. The osiers have recently been cut and sold for £12. Besides being a source of profit, the osiers serve the excellent purpose of absorbing a large quantity of liquid, which accumulates in the bed, and also hide an otherwise unsightly portion of the Farm.

ALLOTMENT GARDENS.

The portion of the Farm allocated to garden holders, continues to "let" well. No allotment is at present vacant.

Some difficulty, it is true, has been experienced, in obtaining the rent from some of the holders, but this has been overcome, and at the present time, there is only one holder who is one quarter in arrear.

The gardens have been cultivated to good purpose, many very good crops of vegetables and flowers being raised.

REFUSE DESTRUCTOR.

The installation was completed sixteen months ago, and was in full work during the entire year. It has proved highly satisfactory, both from a sanitary and economical standpoint. In burning the refuse, sufficient steam was generated, not only to pump all the sewage from the Dépôt to the outfall on the Farm, a distance of over 500 yards, but also to light up the entire Dépôt by electricity, and to run the disinfector. These destructors appear to have solved the riddle—"What is the best method of getting rid of the refuse from towns and Urban Districts?" The destruction of night-soil, domestic and trade refuse, etc., by fire, is, as far as present sanitary knowledge goes, much the best, especially when, as in the case of West Bridgford, the steam can be utilized for other purposes. In addition to this, however, the resulting clinker has some commercial value. It has been largely used in the parish for filling up purposes, and for road foundations, while some sold to outsiders has brought £21 9s. 6d. to your exchequer.

DISINFECTING CHAMBER.

This was also in use from the early part of 1904. The bedding, clothing, etc., from forty-three infected houses, were disinfected during the year. I have not had a single complaint as to burning or damage to any article, so that the work is done well by your staff.

SEWAGE DISPOSAL.

The bacterial system of sewage purification, adopted four years ago, continues to give satisfaction. The septic

tanks have recently been emptied for the first time. The amount of sludge was small.

It will probably be another four years before these require emptying again. The automatic gearing now works satisfactorily.

After four years' experience of this system of sewage disposal, and allowing for certain initial difficulties connected with the gearing, I think your Council's installation is a standing and practical testimony in favour of the system.

Recent investigations shew that the septic tank process, destroys most of the disease producing organisms with the exception of the bacillus of Anthrax, which, however, is fortunately rarely met with.

SCAVENGING.

During the year, thirty ashpits were abolished, and tubs substituted. Ashpits were unfortunately allowed during the reign of the old Local Board. For the last seven years, the water carriage system only, has been recognised, with dry ashbins for the domestic garbage. This is the best system. Your Council should encourage in every way, the conversion of the remaining privy ashpits into the water carriage system where this is practicable, and where impracticable, into the tub or pail system. Even if this involves some expense to your Council, it would be repaid by improved sanitary conditions, and by obtaining further fuel for the refuse

destructor, of a high calorific value. The emptying of the ashpits—a disgusting and expensive item—would be avoided.

The Scavenging of the parish is done by your Council's own workmen and horses, and this has proved more satisfactory, and more economical, than doing the work by contract as formerly. The change is highly appreciated by the residents, and complaints are now seldom made.

Referring to those privy-middens, 681 of which still exist in the parish, I desire to quote the words of the late Sir Richard Thorne Thorne, when Chief Medical Officer to the Local Government Board, “The fact that with our present knowledge, such a structure as the common midden-privy should not only exist in our midst, but be clung to with a perverted tenacity, is, in my opinion, the greatest blot which attaches to English Sanitary Administration at the close of the nineteenth century. Apart from its sanitary aspect, it is a system as degrading and ignoble as it is foul; and I trust the day is not far distant when we shall look back to it as a barbarism of the past.”

SEWERS.

The sewers were regularly flushed, especially during the warm weather. In response to complaints from the residents as to bad smells escaping from the sewer manholes, your Council has decided to close sixteen of these in various parts of the parish, and to erect ventilating shafts in their stead.

Owners of property strongly object to these shafts being attached to their properties. To get over this difficulty, your Council has decided to erect detached shafts, which will be placed at selected positions in the parish. These will be sixteen in number, six of which be on will the Lady Bay Estate.

These shafts, or columns, are made of heavy cast iron pipes, with joints run and caulked with molten lead, and will be twenty-five feet high.

One has already been erected at the corner of Musters and Patrick Roads, and is of neat design.

The estimated cost of erecting these sixteen up-cast columns and of altering the corresponding manholes is £430.

It is doubtful, however, whether the smell which occasionally escapes from the manholes and sewer gratings is really harmful. I have frequently advised your Council that such smells are practically harmless. The objection is, I fear, largely sentimental. Recent investigations shew that, except under special circumstances, disease producing organisms do not leave moist surfaces, such as the interior of drains and sewers, but remain adhering to them. Hence the freedom of sewer air from the microbes actually found in sewage.

To keep these microbes in the sewers, moisture is necessary, and therefore, in dry weather the sewers should be regularly and systematically flushed.

Further extension of sewers has been made in Clumber Road, Byron Road, Musters Road, and South Road. All new sewers are tested with water, and proved to be tight before the trench is filled in. During the year forty-one new house were connected with the sewers.

ROADS.

The roads in the parish keep in good order. The trees in the main roadways are annually pruned. This is important, as, although, trees add to the beauty and attractiveness of the parish, they should not be allowed to grow so large as to deprive the houses of sunlight.

In my last report I advised a trial of a new disinfectant dust-layer called "Westrumite." This was tried on Bridgford Road. The result was fairly satisfactory, but the expense was so great that your Council decided to abandon its use for the present.

The roads were systematically watered during the summer month.

During the year two roads have been made and taken over by your Council under the "Private Street Works Act," namely, Central Avenue and Exchange Road.

WATER SUPPLY.

During 1904, the following mains were laid :—

Glebe Road and Highfield Road	120 yds. of 3 in. main
North Road and South Road	139 yds. of 3 in. main
Musters Road 	30 yds. of 4 in. main

Loughborough Road	...	363 yds. of 4 in. main
Connections to different streets		96 yds. of 3 in. main
Total	<hr/> 748 yds. <hr/>

Tenders for the construction of the Nottingham Corporation's new Reservoir on the Wilford Hills have been issued, and the work will shortly be commenced—the pumping mains have already been laid. The scheme entails a new bridge across the Trent, and this bridge will have an important effect in the further development of West Bridgford.

GAS AND LIGHTING.

555 yards of gas mains were laid during the year, as follows :—

261 yds. of 3 in. mains
 150 yds. of 4 in. mains
 144 yds. of 6 in. mains

145 services were laid. 101 ordinary and forty-seven automatic meters were fixed.

LAMPS.

Six additional incandescent lamps have been fixed with single burners, and three additional ordinary lamps. Twenty-five ordinary lamps have been exchanged for single incandescent lights, and one for an incandescent double burner.

The adoption of incandescent lighting is becoming very general throughout the country, and it is well that your Council should thus keep in line with other up-to-date authorities.

A very instructive and valuable report on incandescent lighting by your Surveyor, has recently been presented to your Council. By the adoption of this system, Mr. Pare reckons that there will be a saving of at least 40% of gas.

Mr. Pare has further invented a system of lighting the lamps by electricity, instead of using the old fashioned and antiquated torch. The method, though original, is quite simple. He claims for his system, the following advantages :—

- (1) Economy. One man will light, in half an hour, as many lamps as two men working an hour each, can light under the old method.
- (2) Breakages of mantles will be avoided.
- (3) Prevention of the entrance of wind and dust (both injurious to mantles) during the operation of lighting.
- (4) Easier work for the lamplighter, who is provided with a small battery, attached to a waist belt, instead of the torch.
- (5) Saving of one hour's gas consumption (half an hour at lighting, and the same at turning out time).
- (6) Cleaning the inside of the lamps will not be required so often.

It is astonishing that in such a progressive time as the present, no advance should have been made in such an important work as public lamplighting. Your Council will be gratified that your Surveyor has originated a novel and simple system, which bids fair to be a great success, and which will probably be adopted by many other Corporations and Urban Districts.

POPULATION.

At Midsummer, 1904, there were 2,110 houses in occupation. If we take, as in former years, $4\frac{1}{2}$ inhabitants to each house, we get a population at that date of 9,495. It is on these figures that I base my vital statistics. The population shews an increase of 729 over the previous year. As shewing the rapid and continuous development of the district during the last decade, I give you this table:—

Midsummer.	Houses occupied.	Estimated population.	Increase.
1895	855	4,061	
1896	965	4,584	523
1897	1,100	5,225	641
1898	1,216	5,776	551
1899	1,318	6,260	484
1900	1,444	6,859	599
1901 (^{census 1st} April)	1,544	7,018 (9 months)	159
1902	1,742	7,839 (15 ..	821
1903	1,948	8,766	927
1904	2,110	9,495	729

If we except the years 1902-3, it will be seen that the increase of the population has been greater than at any other time in the history of the parish. The population has more than doubled itself in ten years.

Considering the depression in the building trade, and the generally bad trade in the country during the past two years, the growth and development of the district must be considered highly satisfactory.

NEW BUILDINGS.

Plans for 104 new houses were passed by your Building Committee during the year; also plans for four new streets leading off Loughborough Road, for the Nottingham Corporation, but these have not yet been carried into effect.

At the present time, there are forty buildings in course of erection.

VITAL STATISTICS.

(1) BIRTHS.—During the year, 163 children were born, 79 males and 84 females, as compared with 163 births in 1903, and 147 in 1902.

That the number of births during 1903 and 1904 should be exactly the same is remarkable, but it is more remarkable still, to find that the sexes of the children born were also exactly the same.

Tabulated we get these extraordinary figures:—

	Male	Female	Total.
Births in 1903	79	84	163
Births in 1904	79	84	163

While these figures are quite remarkable, they are not very satisfactory, as, considering the increased population, the total births should shew a proportionate increase.

Six of the births were illegitimate. This is quite an unusual number, as, up to 1902, illegitimate births were almost unknown in your parish.

The birth-rate is 17.2 per 1,000, which is much too low. (The Nottingham birth-rate, for the same year, was 27.8.) The average birth-rate for the ten years, 1893-1902 was 20.9. For 1903 it was 18.6, now it has dropped to 17.2, shewing that the rate is steadily declining.

The inhabitants of West Bridgford belong largely to the well-to-do middle class. From a national and patriotic view, the birth-rate in such localities should be high. In the next generation, the children of this class will form the bone and sinew of the country. This shirking of parental responsibility by the middle class is indefensible, and must sooner or later end in disaster.

West Bridgford is a striking instance of the fact that the marriages of the middle and the better class are now so sterile, that quite an undue and dangerous proportion of the rising generation is recruited from the lower, the more ignorant, and the more vicious of the population, the birth-rate of which is about three times higher than it is amongst the middle and upper classes. This is seen in our own county, where the birth-rate in the colliery districts is much higher than in a residential district, such as West Bridgford. The best local example of this is the Bulwell colliers.

There is no spur to a man's ambition, and to his desire to be successful, so effective, as his interest in his home and his children, and the strenuous life which his responsibility for these demands is, after all, the best life a man can lead.

The declining birth-rate of the classes from which the replenishment of our population is most desirable, must be viewed with alarm by all who have the continued welfare of the country at heart.

In Nottingham, although the population has increased 60,000 during the last twenty years, the birth-rate has declined, until last year when there were 2,000 fewer children born than twenty years ago.

(2) DEATHS.—Sixty-eight deaths were registered during the year, thirty males and thirty-eight female, as compared with sixty-four deaths during 1903, and seventy-one during 1902.

The deaths occurred as follows :—

1st quarter	14 deaths
2nd „	12 „
3rd „	24 „
4th „	18 „

The third quarter has the highest death-rate, due to several deaths from epidemic diarrhœa amongst infants.

Of the total deaths, eleven died before completing the first year of life, of those who survived their first year, seven died before reaching the age of 10, one died

between the ages of 10 and 20. There were seventeen deaths between the ages of 20 and 50, six deaths between 50 and 60, five between 60 and 70, thirteen died between 70 and 80, and there were eight deaths over 80 years of age.

Of the total deaths (sixty-eight), nineteen died before reaching the age of 20 years. Therefore forty-nine inhabitants who had reached maturity died during the year. Of these twenty-one died over 70 years of age. This shews that of the total adult deaths, 43% lived to be over 70 years of age.

Put in another way we find that of the total deaths (sixty-eight) no fewer than twenty-one, or about one-third of the people who died in West Bridgford during 1904, had exceeded the allotted span of life.

The average age of the eight people who died over 80 was $84\frac{1}{2}$ years.

I have on previous occasions drawn attention to the advanced life attained by the residents of West Bridgford. The death-rate is 7.2 per 1,000 as compared with 7.3 for 1903, and is the lowest death-rate ever recorded in the parish. The death-rate for Nottingham was 17.5.

I know of no district with a population of 10,000, which can show such a phenomenally low death rate.

INFANT MORTALITY.—Of 163 births registered during the year, eleven died before reaching the age of one year. This is exactly the same number as in 1903, and is about

the average for West Bridgford. Of the eleven deaths, one died of Marasmus, one from Influenza, three from Summer Diarrhœa, and three from being prematurely born.

Investigations shew that about 80% of the infants who die from Summer Diarrhœa are fed on artificial or cow's milk, that is on milk which is liable to contamination, while the mortality amongst breast-fed infants is only 20%.

In towns and urban districts, the milk does not reach the consumer until many hours after it leaves the udder. It is this period "the influence of time and temperature" which constitutes the difficulty of the milk problem.

The infant death-rate is 67 per 1,000. This means that out of every 1,000 children born in West Bridgford, 67 would die before reaching the age of one year.

In Nottingham the death-rate for last year was 175 per 1,000.

The diseases chiefly responsible for the mortality were :—

Consumption	3 deaths
Diseases of the Respiratory Organs	
other than Consumption ...	7 „
Heart Disease	10 „
Cancer	2 „
Senile Decay	9 „
Apoplexy	5 „

As compared with previous years the deaths from Consumption and from Cancer shew a very gratifying decrease.

There were two deaths from Diphtheria, one from Enteric Fever, one from Puerperal Fever. There was no death from Scarlet Fever. There were two suicides, no uncertified deaths. Two inquests were held. With regard to the holding of Coroner's Inquests, I advised in my last report that one of the compartments underneath the inclined roadway at the Farm Dépôt should be converted into a Mortuary. This could be done at a trifling expense, and I would again desire to press this matter upon the attention of your Council.

Unclaimed dead bodies could be easily taken there, where, if desired by the Coroner, a *post-mortem* examination could be made with some comfort, and with the privacy which this operation demands. The Inquest could be held in the Board Room adjoining. Surely this would be better than taking the body to a vermin-infested outhouse at Trent Bridge Inn.

I append an interesting table shewing the average death-rates in the Urban Districts of the County for the ten years 1893-1902, which shews the highly favourable position of West Bridgford.

Hucknall Huthwaite	...	19.1	per 1,000
Hucknall Torkard	...	18.3	„
Mansfield	...	18.2	„
Sutton-in-Ashfield	...	17.8	„

Worksop	17.8	per 1,000
Warsop	17.3	„
Newrak	17.0	„
Kirkby-in-Ashfield	16.7	„
Mansfield Woodhouse	16.3	„
Eastwood	16.2	„
East Retford	15.7	„
Arnold	15.0	„
Carlton	13.9	„
Beeston	13.4	„
West Bridgford	9.5	„

To account for our low death-rate, I cannot do better than quote the following extract from the annual report of the Medical Officer of Health for the county of Nottingham, for the year 1903 :—

“ West Bridgford is at the bottom of the Urban list, not from any advantages of site, which is low lying, and in wet seasons, apt in parts, to become water-logged ; but from the fact that it is a comparatively new, better-class residential district, with (till quite recently) no workmen’s dwellings, and no slums. It has a very small infant population, on account of the excessively low birth-rate ; and this contributes to the low mortality. In consequence of the absence of the working class element, the proportion of domestic servants is very large, probably at least 1,000 to 1,500 out of a population of 8,766 ; and among these the mortality is practically nil, as

when seriously ill, they are usually sent to an hospital, or to their own homes, in another sanitary district. Also, domestic servants are mostly of an age and sex when the mortality is naturally at its lowest."

MARRIAGES.—There were thirty-nine marriages during 1904, of these thirty-five were solemnized in places of worship and four before the Registrar.

INFECTIOUS DISEASES.

Sixty-three cases were notified as compared with 109 cases during 1903. Of the sixty-three cases, forty were of Scarlet Fever, seventeen of Diphtheria, two of Enteric Fever and four of Small Pox.

The cases occurred as follows:—

	Scarlet Fever.	Diphtheria.	Enteric Fever.	Small Pox.
1st Quarter	11	11	—	1
2nd Quarter	4	1	—	—
3rd Quarter	3	3	1	—
4th Quarter	22	2	1	3
	—	—	—	—
Totals ...	40	17	2	4
	—	—	—	—

I have carefully investigated the cases of Diphtheria and have not been able to satisfy myself that these were due to any special insanitary condition of the houses in which they occurred. They seemed to be fairly distributed amongst houses, whether these had in-door fresh water

closets, out-door waste water closets, or the old privy-middens with Ash pits.

Like Scarlet Fever, there is much reason to believe that the Schools are the chief instruments in propagating Diphtheria. Both diseases are seen in greatly varying degrees of intensity. Each disease may attack the child with suddenness and severity—in other cases they may be so slight as to be undetected, and the child is allowed to go to School.

Infectious diseases, notably, Scarlet Fever, Diphtheria, Measles, and Whooping Cough attack young children between the ages of three and five, more readily than older children—such children as attend the Infant Departments of our large Board Schools.

The longer young children are protected from these infectious diseases the less likely are they to contract them, and when attacked the less likelihood is there of a fatal termination. Hence the modern custom of sending very young children to school, where they are confined for several hours daily, often in ill-ventilated rooms, should, from a public health view, be discouraged.

NOTIFICATION OF INFECTIOUS DISEASES.

All cases reported under this Act were investigated by me. In sporadic cases such as occur in Urban Districts it is difficult to trace these to any definite cause. Our elementary schools are the chief factors in spreading infectious diseases.

The fees due to Medical Practitioners under the Act amount to £7 17s. 6d. as compared with £13 12s. 6d. for 1903.

DISINFECTION.

Forty-three houses where infectious disease had occurred were disinfected during the year, together with bedding, &c. Those cases which were notified towards the end of the year would not of course appear in the records for 1904. The method of disinfecting was described in my Report for 1903. The sulphur and formaldehyd combination is still used, and this has proved so effective that in no case can I remember a second outbreak of any disease. When an infectious disease appears in a house, I would again urge upon parents the advisability of at once stripping the bedroom of all unnecessary furniture, carpets, draperies, &c., and of making the room as like an Hospital Ward as possible.

CONSUMPTION.

There were only three deaths from this disease, as compared with eight during 1903. The public should know that Consumption is now looked upon as an infectious disease, the infection being spread by the sputum or spit, which should always be received into properly made mugs, which can now be obtained from the chemists for a few pence. If rags are used, these should be immediately burned.

The consumptive should have an abundance of fresh air, both by day and night—as much sunshine as possible,

cleanly surroundings, a scantily furnished bedroom, and good food. If the patient dies, or if he get well, the rooms should be thoroughly disinfected before being used again.

CANCER.

There were only two deaths from this disease, as compared with nine during the preceding year. The decreased mortality in Consumption and Cancer is very gratifying. In my last year's report, I referred to "The Cancer Research Fund," which had been instituted for the purpose of investigating the cause and cure of this malady. The hopeful anticipations of this enquiry, have, up to the present time, not been fulfilled.

No form of drug treatment, inoculation, or serum injection, has been proved to possess any substantial value.

Free excision by the knife, is the only treatment which gives a chance of recovery, and the earlier the surgeon operates, the better is the chance of cure.

SCARLET FEVER.

Forty cases were notified, as compared with eighty-seven during 1903, which was the largest number ever recorded in one year. As will be seen from the table (page 40), thirty-three of those cases occurred in the first and last quarters of the year. Probably this was due, as regards the first quarter, to the children's parties, which take place during the Christmas and New Year holidays.

The same thing occurred in 1903, when a fresh outburst of Scarlet Fever synchronised with the Christmas holidays.

As regards the last quarter, it is interesting and instructive to note that, with one exception, there was no case of infectious disease notified from the 29th July until the 9th October. After this latter date, there was a rapid and regular succession of cases of Scarlet Fever during October and November. The Nottingham Goose Fair was held on the 6th, 7th, and 8th October, and if we allow a period of two or three days for incubation, it is not unreasonable to connect the outbreaks, early in October, with Goose Fair, and, as a similar result occurred in Nottingham, we have, as custodians of the public health, a valid reason for the abolition of this noisy and useless carnival.

The infection of Scarlet Fever is almost always conveyed by direct contact, and not as in Typhoid Fever, through the medium of water or milk.

The case which occurred on the Edwalton fringe of the parish, was removed to the Basford Sanatorium, on the parents' own initiative, and at their expense.

Two other cases were, for special reasons, removed to the room at the sewage depôt.

There were no fatal cases.

DIPHTHERIA.

There were seventeen cases notified, as compared with sixteen cases during 1903. This disease still remains prevalent throughout the country, although the mortality has been greatly lessened. This is, in great measure, due

to the use of the anti-diphtheritic serum, which, if used early in the disease, has a markedly beneficial effect. The serum can now be had at short notice, and at a moderate price.

The chief source of infection in Diphtheria is the throat and mouth, and anything which comes in contact with these, may become infected. Thus handkerchiefs, toys, and such like, may act as vehicles of contagion, and should therefore be burned.

The throat may remain infective for several weeks after convalescence. Persistent disinfection by means of gargles or sprays, should be continued long after the disease has disappeared, and children who have had the disease, should therefore not be allowed to return to school for several weeks after recovery.

ENTERIC FEVER.

Only two cases occurred during the year. There were six cases in the preceding year.

Of the two cases, one was a gentleman who had recently arrived from Spain, and who had probably contracted the disease, in a mild form, while in that country.

The other case proved fatal, and was due to eating oysters.

It is important to remember that the eating of mussels and cockles, may also give rise to Typhoid Fever. While it is an undoubted fact, that shell-fish derived from sewage

contaminated waters cause Enteric Fever, it should not be forgotten that polluted milk is a greater source of danger.

17% of all typhoid epidemics have been traced to infected milk.

It is now known, that not only the excreta from the bowel of typhoid patients, but also the sweat, the expectoration, and the urine may contain the bacillus of typhoid, hence great care is required of those who nurse these cases. The bowel discharges and the urine are, however, the chief channels by which the bacilli are excreted. These may remain in the urine for long periods after recovery.

By means of these discharges, if not efficiently disinfected, the bacilli may readily gain access to the soil, or to drains, and eventually to the water supply, and thus into the milk and back again to man. Hence the absolute necessity for thorough disinfection of all discharges from a typhoid patient.

A practical point worth remembering is that shell-fish from "pure" waters on the sea coast, are as a rule, poor-looking, as compared with the sewage fed shell-fish, which are fine and fat in appearance—further that oysters will rapidly clean themselves of disease producing bacilli if kept in a sufficient quantity of pure sea water. This latter fact has not been acted upon by shell-fish merchants generally.

PUERPERAL FEVER.

This is now recognised as a notifiable disease by your Council. One death was due to this disease during 1904.

The new "Midwives Act" came into operation on 1st April, 1903. One of the chief purposes of this Act is to diminish the frequency of Puerperal Fever, and to prevent infection being carried from the sick to the healthy. The County Council of Nottingham have sanctioned the payment to the Medical Officers of Health in the County of a fee of 10s. 6d. for a detailed Report of every such case occurring in their respective districts.

The chief features of the "Midwives Act" are briefly these :—

After 1st April, 1905, no woman may use the title of "Midwife" unless she is certified under the Act.

After 1st April, 1905, no woman can obtain a certificate without passing an examination.

Up till 1st April, 1905, any woman of good character who practised as a midwife before July, 1901, may obtain a certificate.

SMALL POX.

During the year the Parish was visited by two slight outbreaks of this disease. In neither outbreaks did the disease spread. The first case occurred about the middle of February; the patient was a labouring man. The

second outbreak occurred early in November. The disease was confined to one family, three members of which—all young women employed in the lace trade in Nottingham, were attacked. Two of these had been vaccinated in infancy; one was unvaccinated. All these cases were promptly removed to the room at the Sewage Farm. All contacts were immediately re-vaccinated and placed under quarantine for three weeks.

The staff of workmen at the Dépôt were also re-vaccinated. All the cases proved mild, and all made good recoveries.

The cost of the two outbreaks was about £33.

It cannot be too strongly urged that to check the spread of Small Pox, reliance must not be placed upon Isolation Hospitals, but upon efficient Vaccination and Re-Vaccination. In Germany, where these measures are adopted, the deaths from Small Pox during the last twelve years have been less than thirteen per million living; while in England they have been 207 per million, and there is no need in Germany for Small Pox Hospitals.

This would be a great saving to the rate-payers.

HOSPITAL ISOLATION.

No further steps have been taken by your Council for providing the district with a small Isolation Hospital. The difficulty has been to find a suitable site, but this difficulty, though very real, is not an insuperable one.

Cases of infectious disease are constantly occurring where it would be a great advantage if the patient could be removed to Hospital. Such an Hospital could be built and equipped for a few hundred pounds, and could be made almost self-supporting, as parents would willingly pay for the accommodation.

While very many cases can be successfully treated at home, and if proper precautions be taken, with little risk of the disease spreading; still the necessity for keeping the other children of the family away from school for a period of several weeks is a serious matter, apart altogether from the dread and worry, which the presence of an infectious disease in the family causes.

We can no longer depend on getting cases from West Bridgford admitted into the Basford Sanatorium, as this is now reserved for cases from the rural districts of the Basford Union.

The following minutes were passed by your Council in November last:—

“The Committee (Sewage Farm and Depot) recommend that it be an instruction to the Medical Officer of Health, in cases of emergency, to make use of the room at the depot, for infectious cases.”

“That all cases so isolated, shall pay to the Council, for the use of the room, lighting and firing, at the rate of ten shillings per week, and in all

cases the parents, or in the case of minors, some other responsible person, shall sign an undertaking guaranteeing payment of this amount."

During the past two years several cases of Scarlet Fever were removed to this room, and it has certainly proved a great convenience, but at best it is only a makeshift, and not worthy of a district like West Bridgford.

It is desirable that your Health Committee, which was empowered by your Council "to report on a complete scheme of Hospital Isolation for the Parish" will do so during the present year.

SCHOOLS AND SCHOOL HYGIENE.

Owing to the operations of the recent "Education Act" the public schools in the parish (now called "council schools") are under the control and administration of the County Council.

An Urban District Council and its Medical Officer of Health, as the Sanitary Authority, retains the same duties and powers under the new Education Act, as under the old Act. Now, before closing a council school or any of its departments, on account of the prevalence of an infectious disease, notice must be sent to Mr. Bristowe at the Shire Hall.

Notice must also be sent to the Local Government Board.

In the absence of a meeting of your Council, two members could, on the advice of the Medical Officer of Health, authorise the closure of the school or a single department, in the event of an epidemic.

I have in previous reports referred to the medical inspection of schools. The powers of the Medical Officer of Health are limited to the closure of a school or the exclusion of a scholar when either of these procedures is considered likely to prevent the spread of an infectious disease. He, however, cannot act until he receives a notification, which may be too late.

Many eminent Health Officers now recommend the regular and systematic inspection of children attending the elementary schools. This would not only check the spread of notifiable diseases, but also of others such as Measles, Whooping Cough, Ringworm and Ophthalmia. This plan is in force in America and Germany, and should be in force in the schools in this country.

It is not reasonable, to rely upon school teachers to diagnose the early stage of Measles and Scarlet Fever; the most they can do is to detect that the child is not well. The suggestion is, that a medical man should attend our large schools every morning, and that the class teachers should refer every child who seems out-of-sorts to him. This plan would prevent the occurrence of epidemic disease, which not only interrupts the attendance of children at school, but may cause permanent injury; while failure to detect early cases may lead to a great fall in the attendance of children, and even to closure of the school.

In July last a petition signed by 15,000 doctors was presented to the Board of Education, praying that hygiene and temperance should be placed amongst the compulsory subjects in elementary education.

It is strongly recommended that teachers should be trained to give rational instruction in schools on the laws of health, including demonstrations of the physical evils caused by drink. It is to be hoped that the prayer of this petition will be respected, and that Local Education Committees will be called upon to adopt it.

The minds of young people are retentive, and if it could be instilled into the minds of the older boys and girls at school, that all kinds of intoxicating drink are evils; that they never do any good; that they make us weak and not strong; that nine-tenths of the crime, misery, poverty, murders and suicides are due to drink, and that if they wish to grow up strong, healthy and useful men and women, they must not take drink, more good would be done than by any legislation.

Especially should it be impressed upon the children of intemperate parents, that the love of drink is hereditary, and that any trifling with intoxicants may arouse in them a craving which may become irresistible, and that their only safety is in total abstinence.

FIRE BRIGADE.

During the year, your Council built and completed a small Fire Station, in the central part of the parish. A

Brigade, consisting of sixteen firemen, with your highly respected parishioner, Mr. R. H. Swain, as captain, has been formed. These have been provided with helmets, tunics, etc., and on parade, look smart and workmanlike.

The equipment consists of a thirty-five foot escape, with the necessary complement of hose piping, stand pipes, etc.

The water pressure in West Bridgford, is from 80 to 100 lbs. per square inch. In case of necessity, three or four jets could be played upon any building in the parish, shewing that a steam engine is not necessary.

It is proposed to build a second station on the Lady Bay side of the parish, and to connect both stations with the residences of the firemen, by means of an electric alarm. Sanction to borrow the money required to complete the system, is being sought.

LICENSED HOUSES.

No further licences have been granted. Your parish is in the creditable position of having only one licensed house to 10,000 inhabitants. The West Bridgford Defence Association, a non-political organization of over 600 members, may be trusted to watch the intererests of the parish in this direction. Public opinion is strongly against any increase of licensed premises.

CEMETERY.

No further action has been taken by the Nottingham Corporation for providing a new cemetery for the southern

division of the town. Land was acquired on the Wilford Hills for this purpose some years ago, and plans were prepared, but for some reason, the project hangs fire.

With the growth of the parish, increased burial accommodation becomes necessary. The parish burying ground, which is already overcrowded, is inadequate for the population.

During 1904, twenty-two interments took place there.

METEOROLOGY.

(Rainfall.) 19.7 inches of rain fell during the year, as compared with 32.3 inches during 1903. This was 5.3 inches below the average of the last forty years. No daily rainfall exceeded one inch. The 25th July, and the 17th August, were the wettest days, when .870 inches of rain fell. August was the wettest month. June was the driest month.

(Thermometer.) There was no particular spell of hot weather during the year. The maximum temperature was above eighty degrees on two days each in July and August. 3rd August was the hottest day, when the thermometer registered eighty-five degrees. 24th November was the coldest day, when the thermometer fell to 11.8. This was the lowest November reading for nearly forty years.

(Sunshine.) 1603 hours of sunshine were recorded during the year. This was an increase of 174 hours over the year 1903. The sunniest month was July, with 246½ hours of sunshine.

It may appear to some of the members of your Council, that in these Annual Reports, I sometimes travel outside my domain, as your Medical Officer of Health. It should, however, be remembered, that by the kindness of your Council, five hundred of these Reports are published, and largely circulated throughout the parish, and as far as my information goes, they prove acceptable reading to many of the parishioners.

Information which may aid the moral and physical well-being of the people, must have some value. My object has always been not so much to give tables of dry statistics, which few would trouble to study, but to give information which may prove of practical use in our every-day life, and which may make those who read these reports take a livelier interest in the parish in which they live.

Copies of these reports are sent to the Local Government Board, the County Council, to the library of the British Medical Association, whilst an interchange of reports between the Medical Officers of Health of the various Urban Districts of the county proves interesting and useful.

I append the usual Local Government Board tables. The Board now requires the average birth and death rates for ten years, for comparison with those of the current year. This ten years average gives a more correct idea of the permanent state of the health of a district than the accidental fluctuation from year to year.

In conclusion, I beg to tender my sincere thanks to the members of your Council for their unvarying courtesy to myself, and to the officials of the Council for information kindly given to me for the purposes of this report.

I am, Gentlemen,

Yours obediently,

WALTER HUNTER, M.D.

3rd March, 1905.



TABLE I. Vital Statistics of Whole District during 1904 and Previous Years.

WEST BRIDGFORD (Nottinghamshire).

YEAR.	Population estimated to Middle of each year.	BIRTHS.		TOTAL DEATHS REGISTERED IN THE DISTRICT.					TOTAL DEATHS IN PUBLIC INSTITUTIONS IN THE DISTRICT.	Deaths of Non-residents registered in Public Institutions in the District.	Deaths of Residents registered in Public Institutions beyond the District.	NETT DEATHS AT ALL AGES BELONGING TO THE DISTRICT.	
		Number.	Rate.	Under 1 year of age.		At all Ages.		Number.				Rate.	
				Number.	Rate per 1,000 Births registered.	Number.	Rate.						
1	2	3	4	5	6	7	8	9	10	11	12	13	
1894	3545	91	25.9	12	132	38	10.8						
1895	4061	88	21.2	3	34	32	7.8						
1896	4584	93	20.8	9	97	41	8.9						
1897	5225	128	24.5	10	78	43	8.2						
1898	5776	101	17.5	14	138	52	9.0						
1899	6260	126	20.1	11	87	53	8.5						
1900	6859	130	18.8	6	46	60	8.7						
1901	7018	142	20.2	11	77	76	10.8						
1902	7839	147	18.6	19	139	71	9.0						
1903	8766	163	18.6	11	67	64	7.3						
Averages for years 1894-1903.	5993	121	20.6	11	89	53	8.9						
1904	9495	163	17.2	11	67	68	7.2						

NOTE.—The deaths to be included in Column 7 of this table are the whole of those registered during the year as having actually occurred within the district or division

Area of District in acres (exclusive of area covered by water) } 1190

Total population at all ages 7018
Number of inhabited houses 1544
Average number of persons per house 4½ } At Census of 1901.

TABLE II.
WEST BRIDGFORD (Nottinghamshire).

YEAR.	Population estimated to middle of each year.	Births registered.	Deaths at all Ages.	Deaths under 1 year.
	<i>a</i>	<i>b</i>	<i>c</i>	<i>d</i>
1894 ...	3545	91	38	12
1895 ...	4061	88	32	3
1896 ...	4584	93	41	9
1897 ...	5225	128	43	10
1898 ...	5776	101	52	14
1899 ...	6260	126	53	11
1900 ...	6859	130	60	6
1901 ...	7018	142	76	11
1902 ...	7839	147	71	19
1903 ...	8766	163	64	11
Averages of years 1894 to 1903.	5993	121	53	11
1904 ...	9495	163	68	11

TABLE III.

Cases of Infectious Disease notified during the year 1904.

WEST BRIDGFORD (Nottinghamshire).

NOTIFIABLE DISEASE.	CASES NOTIFIED IN WHOLE DISTRICT.						
	At all ages.	At Ages—Years.					
		Under 1	1 to 5	5 to 15	15 to 25	25 to 65	65 and upwards
Small Pox ...	4				1	3	
Cholera ...							
Diphtheria ...	17		6	10		1	
Membranous croup							
Erysipelas ...							
Scarlet fever ...	40		7	26	3	4	
Typhus fever ...							
Enteric fever ...	2			1		1	
Relapsing fever ...							
Continued fever ...							
Puerperal fever ...	1					1	
Plague ...							
Totals ...	64		13	37	4	10	

TABLE IV.

Causes of, and Ages at, Death during year 1904.

WEST BRIDGFORD (Nottinghamshire).

CAUSES OF DEATH.	DEATHS AT THE SUBJOINED AGES OF "RESIDENTS" WHETHER OCCURRING IN OR BEYOND THE DISTRICT.						
	All Ages	Under 1 year	1 and under 5	5 and under 15	15 and under 25	25 and under 65	65 and up- wards
Small Pox							
Measles							
Scarlet fever							
Whooping-cough	1		1				
Diphtheria and membranous croup	2		2				
Croup							
{ Typhus							
Fever { Enteric	1			1			
{ Other continued							
Epidemic influenza	2	1				1	
Cholera							
Plague							
Diarrhœa							
Enteritis	5	3	2				
Puerperal fever	1					1	
Erysipelas							
Other septic diseases	1					1	
Phthisis (Pulmonary Tuberculosis)	3					3	
Other tubercular diseases	1					1	
Cancer, malignant disease	2					2	
Bronchitis	4				1		3
Pneumonia	2		1			1	
Pleurisy							
Other diseases of Respira- tory organs	1					1	
Alcoholism							
Cirrhosis of liver }	2					2	
Venereal diseases							
Premature birth	4	4					
Diseases and accidents of parturition	1					1	
Heart diseases	10					5	5
Accidents							
Suicides	1					1	
All other causes	24	3	1			5	15
All causes	68	11	7	1	1	25	23



